

# Do You (Insert Name Here) Take this Food or Drug, in Sickness or in Health?

By

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## Internet based longevity resources:

Food-Drug Interaction brochure from the FDA (Very informative about food-drug interactions and what to avoid.)

<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/GeneralUseofMedicine/UCM229033.pdf>

Mediterranean Diet Questionnaire (An interesting personal experience relative to your current diet. 14 questions which will tell you how healthier diet is and make some suggestions on how to improve it in a delicious an interesting way.)

[http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?\\_r=0](http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?_r=0)

4 Year Mortality Test (sort of a strange test to see what the chances of your dying are in the next 4 years. It is designed for physicians to evaluate their patients but, for the rest of us, will mostly let us know how healthy we are)

<http://jama.jamanetwork.com/article.aspx?articleid=202375>

ADA resources for Ergonomic concerns and occupational pathologies (worthwhile information if you think you're having aches and pains from dental practice, or if you're worried about that. Provides insights on how to work ergonomically so as to minimize the risk of work-related injuries)

<http://www.ada.org/4500.aspx>

Heart Disease and Metabolic Syndrome Risk Calculator from the American Heart Association (interesting online test relative to your risk of heart or diabetes problems. Taking it allows you to figure out which changes would be easy to make and would minimize your risks of problems)

[http://www.heart.org/HEARTORG/Conditions/HeartAttack/HeartAttackToolsResources/Heart-Attack-Risk-Assessment\\_UCM\\_303944\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HeartAttack/HeartAttackToolsResources/Heart-Attack-Risk-Assessment_UCM_303944_Article.jsp)

Comprehensive Nutritional resource for information and guidance (this is the ultimate federal resource for all things nutrition)

<http://www.choosemyplate.gov>

Video for the Kegels (pelvic-floor exercises) recommended by Dr Oz, for women

<http://www.youtube.com/watch?v=VfmWkHSO7U>

Body Mass Index (BMI) calculator (if you've ever wondered what your BMI is, this is a test. Just plug in the numbers and you know where you stand. The American Heart Association risk calculators actually more informative about the impact of your risks, including your BMI, on your longevity and health.)

<http://www.cdc.gov/healthyweight/assessing/bmi/>

Aging and Biogerontology site. (Excellent resource for understanding aging and its multiple dimensions)

[http://www.senescence.info/aging\\_definition.html](http://www.senescence.info/aging_definition.html)

Quiz: Do You Have a Heart Healthy Mediterranean Diet?

[http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?\\_r=0](http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?_r=0)

Take this survey, as designed by the researchers from the University of Barcelona to determine if your current diet is heart healthy.

**1 Do you use olive oil as a main culinary fat?**

- Yes.
- No.

**2 How much olive oil do you consume in a given day (including oil used for frying, salads, out of house meals, etc.)?**

- Less than 1 tablespoon.
- 1 to 2 tablespoons.
- 2 to 4 tablespoons.
- 4 or more tablespoons.

**3 How many vegetable servings do you consume per day? (1 serving = 200 grams. Consider side dishes as half of a serving.)**

- 0.
- 1.
- 2 or more.

**4 How many servings of fruit (including natural fruit juices) do you consume per day?**

- 0.
- 1.
- 2.
- 3 or more.

**5 How many servings of red meat do you consume per day? (1 serving = 100-150 grams)**

- Less than 1.
- 1 or more.

**6 How many servings of butter, margarine or cream do you consume per day? (1 serving = 12 grams)**

- Less than 1.
- 1 or more.

**7 How many sweet or carbonated beverages do you drink per day?**

- Less than 1.
- 1 or more.

**8 How much wine do you drink per week?**

- Fewer than 2 glasses.
- 2 to 7 glasses.
- 7 or more glasses.

**9 How many servings of legumes do you consume per week? (1 serving = 150 grams)**

- Less than 2.
- 3 or more.

**10 How many servings of fish or shellfish do you consume per week? (1 serving = 100 to 150 grams fish or 200 grams shellfish.)**

- Less than 2.
- 3 or more.

**11 How many times per week do you consume commercial sweets or pastries (not homemade), like cakes, cookies or biscuits?**

- Less than 3.
- More than 3.

**12 How many servings of nuts (including peanuts) do you consume per week? (1 serving = 30 grams.)**

- Less than 2.
- 2.
- 3 or more.

**13 Do you consume chicken, turkey or rabbit meat instead of veal, pork, hamburger or sausage?**

- Yes.
- No.

**14 How many times per week do you consume vegetables, pasta, rice or other dishes seasoned with sofrito (a sauce made with tomato and onion, leek or garlic simmered with olive oil)?**

- Never.
- 1 to 2 times a week.
- 2 or more.

**What does your score say about you? (each “correct” answer is 1 point)**

- **A weak Mediterranean diet. (0 - 10)**

You scored lower than the average study participant in adhering to a Mediterranean diet. If you want to try to use this diet to lower your risk of heart disease, try increasing your consumption of olive oil, nuts, beans, fish, fruits and vegetables, and even drink more wine. [Go to the top of the quiz](#) and look for the “x” mark beside the correct response to see how those who stick to a strong Mediterranean diet would have answered to each question. Reviewing your responses will also provide suggestions on what you might change to get your diet in line with the

Mediterranean Diet... it might be to drink more wine and eat more nuts or eat shrimp once a week instead of a burger. Change can be simple and tasty.

- **A strong Mediterranean diet. (11 - 14)**

You scored better than the average study participant in adhering to a Mediterranean diet. For people with a high risk of heart disease, this type of a diet may prevent as much as 30 percent of stroke, heart attack and death.